

Young at Heart Senior Center

Newsletter: Summer 2018

General Information

Welcome!



Please visit our website at:

<http://www.fairfaxva.gov/ParksRec>

Four ways to register for Classes and Trips:

Summer Registration begins Apr 2 at 8:30am

See trip flyer for updated trip registration information

1. ONLINE: www.fairfaxva.gov/ParksRec,
24 hours a day.

2. WALK-IN: Monday – Friday: 8:30am-5pm at
City Hall Office, Stacy C. Sherwood Community
Center, or Green Acres Center.

3. MAIL-IN: Signed and completed registration
forms mailed to:

City of Fairfax Parks and Recreation,
10455 Armstrong St., Fairfax, VA 22030.

4. FAX-IN: Signed and completed registration forms
Faxed to: 703-246-6321

Payment Methods Accepted

American Express, Discover, MasterCard or Visa.

Checks payable to: City of Fairfax.

Payment must be made at the time of registration.
Assumption of Risk Waiver, found on registration
form, must be signed by all participants at time of
registration.

On overnight trips, checks payable to vendor only.
More information available at the Front Desk.

The City of Fairfax Senior Center invites you to join the Young at Hearts for summer fun and adventures! Housed in the Green Acres Center, the Senior Center is a recreational center with numerous and varied activities for adults 55 years and older. A Senior Center registration form is required before participating in any activities. We appreciate when you scan your membership card upon entering the building. More membership information inside.

We hope you get involved in the many Senior Center activities, free and fee-based classes, special events and trips during this wonderfully warm time of year.

The City of Fairfax Parks and Recreation Department is constantly striving to keep our National Recreation and Parks Association gold medal standards and committed to our mission to enrich the quality of life in Fairfax City and maintain the unique hometown character that makes our City a special place to live, work and play.

Senior Center Location

Green Acres Center
4401 Sideburn Road
Fairfax, VA 22030
703-273-6090 TTY (711)

Hours of Operation:

Monday through Friday
8am to 5pm

Green Acres Senior Center Staff

Anne Chase, BS, CPRP

Recreation Manager and Senior Center Manager

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Clai Eldrup-Jorgensen

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Senior Center Staff

Senior Center General Information

Young at Heart Membership Registration Information:

City & Fairfax County residents may become members Free of Charge after completing a Registration Form.

Non-residents of the City of Fairfax or Fairfax County will be charged a membership fee of

\$50 per year to join the Senior Center. An individual 55 years and over may also choose a guest membership for a daily drop-in fee of \$5. Memberships are valid for a 12-month period and can be purchased during Senior Center hours: Monday – Friday: 8:00am – 5:00pm.

Please stop by the Green Acres Front Desk to register and fill out a registration form.



Transportation:

Fastran offers specialized transportation services for residents of Fairfax County and the Cities of Fairfax and Falls Church participating in human services agency programs. Transportation is provided to and from Fairfax County/City Senior Centers by approval. City residents can apply for bus service by request at the Senior Center to attend our Senior Center activities. An application must be filled out at the Senior Center to request services which typically run from 9a-2p M-F based on availability by Fastran. Fairfax County residents will be taken to the closest Senior Center to their residence. Should it be necessary to cancel your scheduled trip, please contact the Fastran Cancellation Line at 703-324-7068, or Senior Center staff.

Updated Waiver Information to Participate in Programs and Activities:

The City of Fairfax Parks and Recreation Department has updated the Waiver for participant use when taking part in any program - please take a moment to review:

Waiver for City of Fairfax Parks and Recreation Participant:

In consideration of the registrant being granted permission by the City of Fairfax, Virginia to participate in this program and associated activities, I hereby release the City of Fairfax, Virginia and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the registrant's participation. I authorize the City of Fairfax and its officials, employees, agents and volunteers, at any such person's discretion to administer emergency first aid treatment and at my expense to obtain the services of a physician(s) and/or rescue squad and authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or co-sponsored by the Parks and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials. I further understand that Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class and/or program experience for others will be asked to withdraw from the class and/or program with expectation of a refund, if applicable, for the balance of the class/and or program.

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**You're Welcome to bring store-bought SNACKS for our table in Senior Center.**



***Please and Thank You!***

# Ongoing Activities

These are ongoing activities that take place as part of the City of Fairfax Senior Center. Mark your calendars – participate in the Fun! More information on activities taking place at the Senior Center can be found on our website: [www.fairfaxva.gov/parksRec](http://www.fairfaxva.gov/parksRec) or drop by for a current calendar.

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| <b>Men's Morning Coffee &amp; Conversation Group:</b><br>Every morning, Monday-Friday, 8am-10am:<br>Coffee, treats (please bring some to share), lively conversation.                                                                                                                                                                                                                                                                                                | <b>Military History with Keith Young</b><br>Tuesdays, 10am-Noon: Covers military history beginning with the Revolutionary War to the present.                                                         |
| <b>Bocce:</b><br>May – September, Thursdays, 9am-11am:<br>Tournament-style play. Outdoor courts.<br>*Organize Mtg. 4/26: 10am; Free 11am Lessons: 4/19 & 26.<br>Awards Ceremony and Picnic – Thursday, 9/27.                                                                                                                                                                                                                                                         | <b>Library</b><br>Books loaned on Honor system: enjoy and return!<br>We appreciate book donations published after year 2003.<br>2002 and earlier given away in lobby box.                             |
| <b>Current Events Group</b><br>Every Tuesday, 1pm-3pm:<br>Discuss the latest topics going on in our world.                                                                                                                                                                                                                                                                                                                                                           | <b>55+ Pickleball</b><br>Monday, Tuesday, Wednesday, Thursday and Fridays:<br>1pm -3pm. Practice for those who know how to play.<br>Fee lessons available – see Senior Classes.                       |
| <b>Movie &amp; Popcorn</b><br>Once a month: 10am-12noon in Room 111.<br>Schedule on calendar.                                                                                                                                                                                                                                                                                                                                                                        | <b>Open Ping Pong Play</b><br>Thursdays, 1pm-3pm. Free.                                                                                                                                               |
| <b>Mah Jongg</b><br>Thursdays, 10am in the Senior Center. Free.<br>International and American                                                                                                                                                                                                                                                                                                                                                                        | <b>ALPS - Alpha Literary &amp; Philosophical Society</b><br>Last Wednesday each month, 7:45-10pm. Free.<br>A member volunteers to research & write an article (provided at meeting), with discussion. |
| <b>Fairfax Antique Arts Association</b><br>Third Thursday monthly at 10am: Invites guest speakers to show and discuss their collections.                                                                                                                                                                                                                                                                                                                             | <b>Millennium Art Guild</b><br>Thursdays, 1pm- 4pm: Artists bring in their own art projects and supplies. All forms of art welcome.<br>For information, call Shirley Staples: 703-218-3172.           |
| <b>BUNCO</b><br>Two Fridays a month at 10:30am:<br>Prizes awarded with 4 players.<br>Please check monthly calendar for dates.                                                                                                                                                                                                                                                                                                                                        | <b>BINGO</b><br>Twice monthly on Fridays at 10:30am:<br>\$2/2cards + \$1 each additional.<br>Please check monthly calendar for dates. Prizes awarded.                                                 |
| <b>Pinochle/Mexican Train/Canasta</b><br>Played daily throughout the week starting at 9:30am or 10am. Refer to monthly calendar.                                                                                                                                                                                                                                                                                                                                     | <b>Day at the Races</b><br>Two Mondays a month, 10:30am: Prizes awarded.<br>Please check monthly calendar for dates.                                                                                  |
| <b>Spanish Conversation</b><br>Mondays from 12noon-1:15pm:<br>A closed group learning with workbook.                                                                                                                                                                                                                                                                                                                                                                 | <b>German Conversation</b><br>Thursdays from 10:30am-Noon: For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiederschen!    |
| <b>Bridge Groups:</b><br><u>Bridge Level 1:</u> Mondays and Fridays, 9:30am-12:30pm.<br><u>Small Slam Bridge:</u> Mondays & Fridays, 9:30am-12:30pm.<br><u>Contract/Duplicate:</u> Mondays, 9:30am-12noon.<br><u>NOVA Neighbors:</u> 1 <sup>st</sup> & 3 <sup>rd</sup> Mondays, 12:30pm-3:30pm.<br><u>Advanced Contract:</u> Thursdays, 9:30am-2pm.<br><u>Grand Slam:</u> Mondays/Fridays, 9:30am-2pm. No July-Aug.<br><u>Senior Bridge Club:</u> Fridays, 10am-2pm. | <b>Tai Chi Practice</b><br>Tuesdays, 2-3pm. For those who know the form –<br>Fee lessons on Friday mornings.                                                                                          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Knit &amp; Crochet</b><br>Wednesdays, 10am in the Library.<br>Bring your yarn and needles. Share, learn and practice!                                                                              |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Monthly Birthday Celebrations</b><br>First Fridays at 12 noon in Senior Center.                                                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Blood Pressure Checks and “Ask a Nurse”</b><br>1 <sup>st</sup> Fridays at 12 noon in the Senior Center Library.                                                                                    |

# Upcoming Events

Mon, April 2: 8:30am  
 Mon, April 2: 10:30am  
 Mon, April 2: 12:30pm  
 Month of May  
 Tues, May 1 – Mon, May 7  
 Tues, May 1 – Thurs, May 31  
 Wed, May 2: 11am-2pm

Wed, May 2-June 27: 2-3:30pm  
 Thursday, May 3: 1pm  
 Fri, May 4: 1-1:45pm  
 Mon, May 7: 12noon / 1pm  
 Fri, May 11: 11am  
 Fri - Sat, May 11 & 12  
 Wed-Sun, May 16-20  
 Fri, May 18: 12noon-1pm  
 Sun-Wed, May 20-23  
 Mon, May 21: 12noon  
 Mon, May 21: 3:45pm  
 Fri, May 25: 11:30am  
 Mon, May 28  
 Wed, May 30

Fri, June 1: 12noon-1pm  
 Sat, June 2: 11am-12noon  
 Mon, June 4: 8:30am  
 Mon, June 4: 10:30am  
 Mon, June 4: 12:30pm  
 Fri, June 15: 9:30am  
 Mon, June 18: 3:45pm  
 Fri, June 22: 12noon  
 Fri, June 29: 11:30am  
 Sat, July 7: 11am-12noon  
 Mon, July 16: 12noon  
 Fri, July 27: 12noon-1pm  
 Thurs, August 2: 11am-1pm  
 Mon, August 20: 12noon  
 Fri, August 24: 12 noon  
 Fri, August 31: 12noon-1pm  
 Mon, Sept. 3  
 Fri, Sept 14: 11:30am  
 Sat, Sept. 15-Wed, Sept. 26  
 Thurs, Sept. 20  
 Sat, Oct. 20: 10am-2pm

City of Fairfax Residents register for **May-June Trips & Classes**  
 Senior Center & Fairfax residents register: **May-June Trips & Classes**  
 Registration opens - all others & Online: **May-June Trips and Classes**  
**Older Americans Month 2018: *Engage at Every Age***  
**Fairfax County Creative Aging Festival!**

**Young at Heart Art & Crafts Show** – Green Acres lobby display case  
**Senior Center Community Open House:** *(more may be added)*  
 11am: **Knitting demonstration**  
 11:30am: Fairfax Host Lions Club – **Vision Screening**  
 11:45am: **Fitness Rooms Equipment Workshop** w/ Personal Trainer  
 12 noon: **Salad Luncheon**  
 12:30pm: **Painting Fun** with Millennium Art Guild  
 1pm: **Outdoor Pickleball Play** and Demonstration  
**Fairfax County Sherriff's Office**

**NEW! Intermediate Bridge Classes.** Fee: \$108 w/ advance registration  
**Outdoor Pickleball Play** and Demonstration  
**NEW! Senior Small Group Workout!** \$10 advance; \$12 on-site if space  
**Lunch & Learn: *Interactive Brain Health*** – 2 workshops  
**Mother's Day Tea**  
**Virginia Senior Games – 40<sup>th</sup> Anniversary:** Pickleball  
**Virginia Senior Games** – Henrico County, VA: Open to athletes 50+  
**Lunch & Learn: *Protecting Your Hard-Earned Money***  
 Motor coach Senior Travel to **Charleston, SC**  
**Lunch & Learn: *Heat Safety*** – Emergency Preparedness  
**Tea & Talk: *Going Sugar-Free*** (\$5 payable to Certified Nutritionist)  
**Memorial Day Potluck Picnic**  
**Center Closed:** Memorial Day Holiday observed  
**National Senior Health & Fitness Day** – 25<sup>th</sup> Anniversary:  
*Active Today, Healthier Tomorrow* – Take a Free class!

**Lunch & Learn: *Walking Your Way to Better Health***  
**Exercise Equipment Orientation** in Fitness Rms. Free w/ Registration  
 City of Fairfax Residents register for **July-August Trips**  
 Senior Center and Fairfax residents register for **July-August Trips**  
 Registration opens for all others & Online: **July-August Trips**  
**Father's Day Breakfast**  
**Tea & Talk: *Buddha Bowls*** (\$5 payable to Certified Nutritionist)  
**Lunch & Learn: *Hurricane & Flood Safety*** – Emergency Preparedness  
**Independence Day Potluck Picnic**  
**Exercise Equipment Orientation** in Fitness Rms. Free w/ Registration  
**Lunch & Learn: *Fire Prevention & Safety*** – Emergency Preparedness  
**Lunch & Learn: *Mobile Devices and You***  
**Lunch & Learn: *RSVP of Northern Virginia – Play Bocce & Picnic***  
**Lunch & Learn: *Financial Preparedness*** – Emergency Preparedness  
**Lunch & Learn: *Senior Scams***  
**Lunch & Learn: *IT Questions? Ask an Expert!***  
**Center Closed:** Labor Day Holiday  
**End-of-Summer Picnic**  
**Northern Virginia Senior Olympics (NVSO)**  
**NVSO Bocce and Horseshoes** events at Green Acres  
 Young at Heart **Flea Market** Fundraiser at Sherwood Community Ctr.





# **May is Older Americans Month**

## **Theme for 2018: *Engage at Every Age***

Activities this month will be for Adult 55+ and highlight and celebrate Older Americans and build a sense of community.

The Open House will take place Wednesday, May 2 from 10am- 2pm, however the center will be open all day for activities from 8am-5pm.

We will highlight special activities throughout the month of May as well to include:

Tuesday, May 1 – Thursday, May 31: Seniors Art Show in Green Acres Center display case in front lobby.

Wednesday, May 2: Senior Center Community Open House:

- 11am – **Knitting** Demonstration- Needle and Yarn
- 11am-2pm- **Musical Instrument** Demo by Matt Rogers
- 11:30am – **Vision Screenings** with Fairfax Host Lions Club
- 11:45am – **Fitness Rooms Equipment Workshop** with Personal Fitness Trainer: Teresa Fletcher
- 12 noon – **Salad Luncheon** with Earth Fare
- 12 noon - **Calligraphy Experience** Workshop
- 12:30pm – **Painting Fun** with Millennium Art Guild
- 1-3pm – **Indoor Pickleball** Demonstration & Play

### **Activities available throughout the event:**

Fairfax County Sherriff's Office  
Fairfax County Sherriff's Office Scam Informational Material  
Emergency Readiness with COF Emergency Coordinator  
Fire Prevention and giveaways with City of Fairfax Fire Department  
Beacon Newspaper  
Real Estate Planning  
Bocce

Thursday, May 3: 9:00am – **Outdoor Bocce Play** begins tournament season – weekly Thursdays through September (weather permitting).

1:00pm-3:00pm – **Outdoor Pickleball** Demonstration & Play.

Friday, May 4: 1:00pm-1:45pm – NEW! **Senior Small Group Workout!** \$10 advance; \$12 on-site if space available.

Monday, May 7: 12noon, 1:00pm – **Lunch & Learn: Free Brain Health** workshops – 2 times to choose from. Bring your sandwich!

Friday, May 11: 11am – **Mother's Day Tea.** Women - dress in your finery! Pre-registration required by Wed, May 9.

Friday, May 18: 12noon – **Lunch & Learn: Protecting Your Hard-Earned Money** (pre-register). Bring your sandwich!

Monday, May 21: 3:45-4:45pm – **Tea & Talk: Going Sugar-Free** (\$5 supply fee to Certified Nutritionist).

Friday, May 25: 11:30am – **Memorial Day Potluck Picnic** (pre-register by Tues, 5/22 and bring a side dish to go with hamburgers & hot dogs).

Wednesday, May 30: **2018 National Senior Health & Fitness Day – 25<sup>th</sup> Anniversary!** “Active Today, Healthier Tomorrow” -Take a Free class!

| Mon                                                                                                                                                                                                                                                                                                                                                                                                                                      | Tue                                                                                                                                                                                                                                                                                                                                                                 | Wed                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Thu                                                                                                                                                                                                                                                                                                                                                                                                                     | Fri                                                                                                                                                                                                                                                                                                                                                  | Sat                                                                                                                                                                                                                                               |
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| <p><b>May 2018</b><br/><b>Older Americans Month:</b><br/><b>Engage at Every Age!</b></p>                                                                                                                                                                                                                                                                                                                                                 | <p>1 <b>Senior Art Show</b> in Lobby -&gt;31<br/>8am: Men's Coffee Group<br/><b>8:30am: Seniorcise</b><br/>10am: Canasta<br/>10am: Military History<br/><b>11:30am: Easy Strength Training</b><br/>12noon: Spanish Conversation<br/>1pm: Current Events<br/>1pm: Pickleball Play<br/>2pm: Tai Chi Practice</p>                                                      | <p>2 <b>*Senior Center Open House*</b><br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>10am: Pinochle / Knit &amp; Crochet<br/><b>TRIP: Lincoln's Cottage, DC</b><br/>11am: Knitting Demo/ Ffx Sherriff's<br/><b>11:30am:Lions Vision Screen/Zumba</b><br/><b>11:45am: Fitness Equipment</b><br/><b>12noon: Salad Luncheon</b><br/><b>12:30pm: Painting Fun</b><br/>1pm: Pickleball Play/2pm: Int. Bridge \$<br/>2:15pm: Stretch &amp; Balance</p> | <p>3 8am: Men's Coffee Group<br/><b>9am: Bocce Competition Begins</b><br/>9:30am: Adv.Contract Bridge/Pinochle<br/>10am: Mah Jongg: Int'l &amp; Chinese<br/>10:30am: German Conversation<br/><b>11:30am: Easy Strength Training</b><br/>1pm: Pickleball Play / Outdoor Demo.<br/>1pm: Open Ping Pong Play<br/>1pm: Millennium Art Guild<br/>2:15pm: Sit &amp; Get Fit<br/>3pm: Social Line Dancing –make-up</p>         | <p>4 8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/><b>9:15/10:15am: Tai Chi: Adv./Beg</b><br/>9:30am: Pinochle / Bridge Level I<br/>10am: Bridge Club<br/>10:30am: BINGO<br/><b>12noon: May Birthdays! /BP cks</b><br/><b>1pm: Sr. Small Group Workout!</b><br/>1pm: Pickleball Play<br/>1:30pm: Day Trip Committee Mtg</p>                     | <p>5</p>  <p><b>Derby-Q Event</b><br/>2pm- 8pm<br/>Old Town Square</p>                                                                                         |
| <p>7 <b>Fitness Classes Open House</b><br/>8am: Men's Coffee/Sr. Walk in Gym<br/>9:30am: All Bridge Groups<br/>10am: Mah Jongg / Grand Slam<br/>10:30am: DAY AT THE RACES<br/><b>10:30am: Line Dance-make up/\$6</b><br/><b>12noon/1pm: Lunch&amp;Learn: Brain Health interactive workshops</b><br/>12noon: Spanish Conversation<br/>12:30pm: NOVA Neighbors Bridge<br/>1pm-3pm: Pickleball Play<br/><b>2:15pm: Chair Yoga – 3x</b></p>  | <p>8 <b>Fitness Classes Open House -&gt;</b><br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>10am: Canasta<br/>10am: Military History<br/>11:30am: Easy Strength Training<br/>12noon: Spanish Conversation<br/>1pm: Current Events/ Pickleball Play<br/>1pm: Hospitality Committee Mtg.<br/>2pm: Tai Chi Practice<br/><b>3pm: Beg Pickleball Lessons</b></p> | <p>9 <b>Fitness Classes Open House -&gt;</b><br/><b>*MOTHER'S DAY TEA DEADLINE!</b><br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/><b>TRIP: Nat'l Arboretum &amp; Harper Macaw Chocolate Factory</b><br/>10am: Pinochle<br/>10am: Knit &amp; Crochet<br/>11:30am: Zumba Gold<br/>1pm: Pickleball Play/2pm: Int.Bridge<br/><b>2:15pm: Stretch &amp; Balance- 4 wks</b></p>                                                                         | <p>10 <b>Fitness Classes Open House -&gt;</b><br/>8am: Men's Coffee / 9am: Bocce<br/>9:30am:Adv.Contract Bridge-#110/<br/>9:30am: Pinochle<br/>10am: Mah Jongg: Int'l &amp; Chinese<br/>10:30am: German Conversation<br/>11:30am: Easy Strength Training<br/>1pm: Pickleball / Open Ping Pong<br/>1pm: Millennium Art Guild<br/><b>2:15pm: Sit &amp; Get Fit- 4 wks</b><br/><b>3pm: Social Line Dancing – 8 wks</b></p> | <p>11 <b>Fitness Classes Open House</b><br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/><b>9:15/10:15am: Tai Chi: All CX</b><br/>9:30am: Pinochle / Bridge Level I<br/>10am: Grand Slam / Bridge Club<br/>10:30am: BUNCO<br/><b>11am: Mother's Day Tea</b><br/>1pm: Pickleball Play<br/><br/><b>VA Sr. Games – Pickleball -&gt; -&gt;</b></p> | <p>12 <b>May – Aug Trips were published late March.</b><br/><b>May-June registrations begin</b><br/><b>Monday, April 2.</b><br/><b>July-August registrations begin</b><br/><b>Monday, June 4.</b></p>                                             |
| <p>14<br/>8am: Men's Coffee Group<br/>8am: Senior Morning Walk<br/>9:30am: All Bridge Groups<br/>10am: Mah Jongg / Grand Slam<br/><b>10:30am: Line Dancing – 7 wks</b><br/>12noon: Spanish Conversation<br/>12:30pm: NOVA Neighbors Bridge<br/>1pm-3pm: Pickleball Play<br/>2:15pm: Chair Yoga</p>                                                                                                                                       | <p>15<br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:30: Mexican Train<br/>10am: Military History<br/>10am: Canasta<br/>10:30am: Spanish Conversation<br/>11:30am: Easy Strength Training<br/>1pm: Current Events/ Pickleball Play<br/>2pm: Tai Chi Practice<br/>3pm: Beg Pickleball Lessons</p>                                                          | <p>16 <b>40<sup>th</sup> Virginia Senior Games -&gt;</b><br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/><b>TRIP: St. Michaels, MD</b><br/><b>10am: Movie &amp; Popcorn:</b><br/><b>"Goodbye Christopher Robin"</b><br/>10am: Pinochle<br/>10am: Knit &amp; Crochet<br/>11:30am: Zumba Gold<br/>1pm: Pickleball Play/2pm: Int.Bridge<br/>2:15pm: Stretch &amp; Balance</p>                                                                         | <p>17<br/>8am: Men's Coffee/ 9am: Bocce<br/>9:30am: Adv.Contract Bridge/Pinochle<br/>10am: Mah Jongg: Int'l &amp; Chinese<br/>10 am: Fairfax Antique Arts Assn.<br/>10:30am: German Conversation<br/>11:30am: Easy Strength Training<br/>1pm: Pickleball /Open Ping Pong Play<br/>1pm: Millennium Art Guild<br/>2:15pm: Sit &amp; Get Fit<br/>3pm: Social Line Dancing</p>                                              | <p>18 <b>40<sup>th</sup> Virginia Senior Games -&gt;</b><br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:15/10:15am: Tai Chi: Adv./Beg<br/>9:30am: Pinochle / Bridge Level I<br/>10am: GrandSlam Bridge/ Club<br/>10:30am: BINGO<br/><b>12noon: Lunch &amp; Learn: Protect Your Hard-Earned Money</b><br/>1pm: Pickleball Play</p>          | <p>19 <b>Virginia Senior Games</b></p>  <p>Fitness Room Open<br/>Mon-Thurs. 8am-9pm,<br/>Fri 9am-5pm,<br/>Sat &amp; Sun 9am-2pm<br/>FREE for 55+ with card</p> |
| <p>21 <b>5/20-23: Charleston, SC Trip</b><br/>8am: Men's Coffee Group<br/>8am: Senior Morning Walk<br/>9:30am: All Bridge Groups<br/>10am: Mah Jongg / Grand Slam<br/>10:30am:Line Dancing / Day At Races<br/><b>12noon: Lunch &amp; Learn: Heat Safety</b><br/>12noon: Spanish Conversation<br/>12:30pm: NOVA Neighbors Bridge<br/>1pm-3pm: Pickleball Play<br/>2:15pm: Chair Yoga<br/><b>3:45pm: Tea&amp;Talk:Going Sugar-Free</b></p> | <p>22 <b>Picnic Registration Deadline</b><br/>8am: Men's Coffee Group<br/>8:30am:Seniorcise<br/>9:30:MexicanTrain<br/>10am: Military History / Canasta<br/>11:30am: Easy Strength Training<br/>1pm: Senior Council Meeting<br/>1pm: Current Events<br/>1pm: Pickleball Play<br/>2pm: Tai Chi Practice<br/>3pm: Beg Pickleball Lessons</p>                           | <p>23<br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>10am: Pinochle<br/>10am: Knit &amp; Crochet<br/><b>TRIP: Scotterley Plantation</b><br/>11:30am: Zumba Gold<br/>1pm: Pickleball Play<br/>2pm: Intermediate Bridge class<br/>2:15pm: Stretch &amp; Balance</p>                                                                                                                                                                                 | <p>24<br/>8am: Men's Coffee Group<br/>9am: Bocce<br/>9:30am: Adv.Contract Bridge/Pinochle<br/>10am Mah Jongg: Int'l &amp; Chinese<br/>10:30am: German Conversation<br/>11:30am: Easy Strength Training<br/>1pm: Pickleball /Open Ping Pong Play<br/>1pm: Millennium Art Guild<br/>2:15pm: Sit &amp; Get Fit<br/>3pm: Social Line Dancing</p>                                                                            | <p>25<br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:15/10:15am: Tai Chi: Adv./Beg<br/>9:30am: Pinochle / Bridge Level I<br/>9:30am:Coupons for Military<br/>10am: Grand Slam Bridge<br/>10:30am: BUNCO<br/><b>11am: Memorial Day Picnic -&gt;</b><br/>1pm: Pickleball Play</p>                                                            | <p>26</p> <p><b>* All Potluck Luncheons and Guest Speakers require advanced registration at the Green Acres Center Front Desk – call 703-273-6090.</b></p>                                                                                        |
| <p>28<br/><b>Memorial Day Holiday</b><br/><b>Green Acres closed</b></p>                                                                                                                                                                                                                                                                               | <p>29 8 am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:30am: Mexican Train<br/>10am: Military History / Canasta<br/>11:30am: Easy Strength Training<br/>1pm: Current Events/Pickleball Play<br/>2pm: Tai Chi Practice</p>                                                                                                                                      | <p>30 <b>Nat'l Sr. Health &amp; Fitness Day!</b><br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise – Free<br/>10am: Pinochle / Knit &amp; Crochet<br/><b>10am: Make-up Movie: Lady Bird</b><br/>11:30am: Zumba Gold – Free<br/>1pm: Pickleball Play / 2pm: Int.Bridge<br/>2:15pm: Stretch &amp; Balance – Free<br/>7:45pm: ALPS</p>                                                                                                                      | <p>31 8am: Men's Coffee / 9am: Bocce<br/>9:30am: Adv.Contract Bridge / Pinochle<br/>10am: Mah Jongg<br/>10:30am: German Conversation<br/>11:30am: Easy Strength Training<br/>1pm: Pickleball /Ping Pong / Mell.Art Guild<br/>2:15pm: Sit &amp; Get Fit<br/>3pm: Social Line Dancing</p>                                                                                                                                 | <p><b>Bold items on calendar are New Sessions beginning or Special Events.</b></p>                                                                                                                                                                                                                                                                   | <p>Check out our website<br/><a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a><br/>Calendar subject to change-<br/>Updates will be posted on<br/>website and at Senior<br/>Center</p>                                                      |

| Mon                                                                                                                                                                                                                                                                                                                                                                                                                                       | Tue                                                                                                                                                                                                                                                                                                        | Wed                                                                                                                                                                                                                                                                                                                                       | Thu                                                                                                                                                                                                                                                                                                                                                                               | Fri                                                                                                                                                                                                                                                                                                                                | Sat                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>May – Aug Trips were published in mid-April.</b><br><b>Jul-Aug Registrations begin Monday, June 4;</b><br><b>Sept-Oct on Monday, Aug. 6</b>                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                            | <b>Bold items on calendar are New Sessions beginning or Special Events.</b>                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                   | 1 8am: Men's Coffee Group<br>8:30am: Seniorcise<br>9:15/10:30am: Tai Chi: Adv./Beg<br>9:30am: Bridge Level I / Pinochle<br>10am:Grand Slam Bridge/Bridge Club<br>10:30am: BINGO<br><b>12noon: June Birthdays! / BP cks</b><br><b>12pm: L&amp;L- Walk 2 Better Health</b><br>1pm: Pickleball Play<br>1:30pm: Day Trip Committee Mtg | 2<br><br><b>11am: Exercise Equipment Training</b>                                                                                                                                                 |
| 4 8 am: Men's Coffee / Sr. AM Walk<br><b>8:30am: CITY July-Aug Trip Register</b><br>9:30am: All Bridge Groups<br>10am: Mah Jongg / Grand Slam<br>10:30am: Line Dancing<br>10:30am: <b>Sr.Ctr &amp; Ffx Co.Trip Register</b><br>12 noon: Spanish Conversation<br><b>12:30pm: ALL Trip Registration/Online</b><br>12:30pm: NOVA Neighbors Bridge<br>1pm-3pm: Pickleball Play<br><b>2:15pm: Chair Yoga – 4 wks</b><br><b>8pm: Clogging 1</b> | 5<br>8am: Men's Coffee<br>8:30am: Seniorcise<br>9:30am: Mexican Train<br>10am: Military History / Canasta<br>11:30am: Easy Strength Training<br>1pm: Current Events /Pickleball Play<br>2pm: Tai Chi Practice                                                                                              | 6<br>8am: Men's Coffee Group<br>8:30am: Seniorcise<br><b>TRIP: Nat'l's vs. Tampa Bay Rays Baseball Game</b><br>10am: Pinochle<br>10am: Knit & Crochet<br>11:30am: Zumba Gold<br>1pm: Pickleball Play<br>2pm: Int. Bridge class<br><b>2:15pm: Stretch &amp; Balance- 4 wks</b>                                                             | 7<br>8am: Men's Coffee Group<br>9am: Bocce<br>9:30am: Adv.Contract Bridge / Pinochle<br>10am: Mah Jongg: Int'l & Chinese<br>10:30am: German Conversation<br>11:30am: Easy Strength Training<br>1pm: Pickleball / Open Ping Pong Play<br>1pm: Millennium Art Guild<br><b>2:15pm: Sit &amp; Get Fit – 4 wks</b><br>3pm: Social Line Dancing                                         | 8<br>8am: Men's Coffee Group<br>8:30am: Seniorcise<br>9:15am: Adv. Tai Chi<br>9:30am: Pinochle/ Bridge Level I<br>10am:Grand Slam Bridge<br>10am: Bridge Club<br>10:15am: Beg. Tai Chi class<br>10:30am: BUNCO<br>1pm: Pickleball Play                                                                                             | 9<br><br>Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a><br>Calendar subject to change- Updates will be posted on website and at Senior Center.                    |
| 11<br>8am: Men's Coffee Group<br>8am: Senior Morning Walk<br>9:30am: All Bridge Groups<br>10am:Mah Jongg / Grand Slam<br>10:30am: DAY AT THE RACES<br>10:30am: Line Dancing<br>12 noon: Spanish Conversation<br>12:30pm: NOVA Neighbors Bridge<br>1pm-3pm: Pickleball Play<br>2:15pm: Chair Yoga<br>8pm: Clogging 1                                                                                                                       | 12<br>8am: Men's Coffee & Conversation<br>8:30am: Seniorcise<br>9:30am: Mexican Train<br>10am: Military History / Canasta<br>11:30am: Easy Strength Training<br>1pm: Current Events /Pickleball Play<br>1pm: Hospitality Committee Mtg.<br>2pm: Tai Chi Practice<br><b>3pm: BegPickleballLessons- 3wks</b> | 13 <b>Father's Breakfast Deadline</b><br>8am: Men's Coffee Group<br>8:30am: Seniorcise<br><b>TRIP: Artechouse &amp; The Wharf</b><br>10am: Pinochle<br>10am: Knit & Crochet<br><b>10am: MOVIE &amp; POPCORN: "Marshall"</b><br>11:30am: Zumba Gold<br>1pm: Pickleball Play<br>2pm: Intermediate Bridge class<br>2:15pm: Stretch & Balance | 14 <b>FLAG DAY</b><br>8am: Men's Coffee Group<br>9am: Bocce<br>9:30am: Adv.Contract Bridge / Pinochle<br>10am: Mah Jongg: Int'l & Chinese<br>10am: Fairfax Antique Arts Association<br>10:30am: German Conversation<br>11:30am: Easy Strength Training<br>1pm: Pickleball / Open Ping Pong Play<br>1pm: Millennium Art Guild<br>2:15pm: Sit & Get Fit<br>3pm: Social Line Dancing | 15<br>8am: Men's Coffee Group<br>8:30am: Seniorcise<br>9:15am: Adv. Tai Chi<br><b>9:30am: Father's Day Breakfast</b><br>9:30am: Pinochle/ Bridge Level I<br>10am: Grand Slam Bridge<br>10am: Bridge Club<br>10:15am: Beg. Tai Chi<br>10:30am: BINGO<br>1pm: Pickleball Play                                                        | 16<br><br><b>Sunday, June 17: Father's Day</b><br>                                                             |
| 18 8am: Men's Coffee / AM Walk<br>9:30am: Bridge groups<br>10am: Mah Jongg / Grand Slam<br>10:30am: Line Dancing<br>12 noon: Spanish Conversation<br>12:30pm: NOVA Neighbors Bridge<br>1pm-3pm: Pickleball Play<br>2:15pm: Chair Yoga<br><b>3:45pm: Tea&amp;Talk: Buddha Bowls</b><br>8pm: Clogging 1                                                                                                                                     | 19<br>8am: Men's Coffee Group<br>8:30am: Seniorcise<br>9:30am: Mexican Train<br>10am: Military History / Canasta<br>11:30am: Easy Strength Training<br>1pm: Current Events / Pickleball<br>2pm: Tai Chi Practice<br>3pm: Beg Pickleball Lessons                                                            | 20<br>8am: Men's Coffee Group<br>8:30am: Seniorcise<br><b>TRIP:Nat'l Gallery of Art-Cezanne</b><br>10am: Pinochle<br>10am: Knit & Crochet<br>11:30am: Zumba Gold<br>1pm: Pickleball Play<br>2pm: Intermediate Bridge class<br>2:15pm: Stretch & Balance                                                                                   | 21 8am: Men's Coffee<br>9am: Bocce<br>9:30am: Adv.Contract Bridge / Pinochle<br>10am: Mah Jongg: Int'l & Chinese<br>10:30am: German Conversation<br>11:30am: Easy Strength Training<br>1pm: Pickleball / Open Ping Pong Play<br>1pm: Millennium Art Guild<br>2:15pm: Sit & Get Fit<br>3pm: Social Line Dancing                                                                    | 22<br>8am: Men's Coffee Group<br>8:30am: Seniorcise<br>9:15/10:15am: Tai Chi: Adv./Beg<br>9:30am: Pinochle/ Bridge Level I<br>10am: Grand Slam Bridge<br>10am: BridgeClub<br>10:30am: BUNCO<br><b>12:L&amp;L:Hurricane&amp;Flood Safety</b><br>1pm: Pickleball Play                                                                | 23<br><br>Fitness Room Open:<br>Mon-Thur 8am-9pm, Fri 9am-5pm<br>Sat & Sun 9am-2pm<br>FREE for 55+ with card |
| 25 8 am: Men's Coffee Group<br>8am: Senior Morning Walk<br>9:30am: Bridge groups<br>10am: Mah Jongg / Grand Slam<br>10:30am: Line Dancing<br>10:30am: DAY AT THE RACES<br>12 noon: Spanish Conversation<br>12:30pm: NOVA Neighbors Bridge<br>1pm-3pm: Pickleball Play<br>2:15pm: Chair Yoga<br>8pm: Clogging 1                                                                                                                            | 26 <b>Picnic Registration Deadline</b><br>8am: Men's Coffee Group<br>9:30am: Mexican Train<br>10am: Military History / Canasta<br>11:30am: Easy Strength –make-up<br>1pm: Senior Council Meeting<br>1pm: Current Events/ Pickleball Play<br>2pm: Tai Chi Practice<br>3pm: Beg Pickleball Lessons           | 27 8am: Men's Coffee Group<br>10am: Pinochle<br>10am: Knit & Crochet<br>11:30am: Zumba Gold - CX<br>1pm-3pm: Pickleball Play<br>2pm: Intermediate Bridge class<br>2:15pm: Stretch & Balance<br><b>TRIP: Motown the Musical at Wolf Trap Filene Center</b><br>7:45pm: ALPS                                                                 | 28 8am: Men's Coffee Group<br>9am: Bocce<br>9:30am: Adv.Contract Bridge / Pinochle<br>10am: Mah Jongg: Int'l & Chinese<br>10:30am: German Conversation<br>11:30am: Easy Strength - CX<br>1pm: Pickleball / Open Ping Pong Play<br>1-4pm: Millennium Art Guild<br>2:15pm: Sit & Get Fit<br>3pm: Social Line Dancing                                                                | 29<br>8am: Men's Coffee Group<br>9:15am: Adv. Tai Chi<br>9:30am: Pinochle/ Bridge Level I<br>10am:Grand Slam Bridge<br>10am: Bridge Club<br>10:15am: Beg. Tai Chi<br><b>11:30am: Independence Day Picnic</b><br>1pm: Pickleball Play                                                                                               | 30<br><br><b>* All Potluck Luncheons and Guest Speakers require advanced registration at the Green Acres Center Front Desk or call 703-273-6090.</b>                                              |



## CITY OF FAIRFAX SENIOR CENTER

July 2018

(703) 273-6090

| Mon                                                                                                                                                                                                                                                                                                                                                                     | Tue                                                                                                                                                                                                                                                                                                               | Wed                                                                                                                                                                                                                                                                                                                          | Thu                                                                                                                                                                                                                                                                                                                                                                                                                               | Fri                                                                                                                                                                                                                                                                                                                                                 | Sat                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2</p> <p>8am: Men's Coffee Group<br/>8am: Senior Morning Walk<br/>9:30am: All Bridge Groups<br/>10am: Mah Jongg<br/>10:30am: Line Dancing<br/>12noon: Spanish Conversation<br/>12:30pm: NOVA Neighbors Bridge<br/>1pm-3pm: Pickleball Play<br/>8pm: Clogging 1</p>                                                                                                   | <p>3</p> <p>8am: Men's Coffee Group<br/><b>8:30am: Seniorcise</b><br/>9:30am: Mexican Train<br/>10am: Military History<br/>10am: Canasta<br/><b>11:30am: Easy Strength</b><br/>1pm: Current Events<br/>1pm: Pickleball<br/>2pm: Tai Chi Practice</p>                                                              | <p>4</p> <p><b>Senior Center CLOSED - Independence Day</b><br/><b>10am: Parade:</b><br/><b>Walk with our Senior Center</b></p>                                                                                                              | <p>5</p> <p>8am: Men's Coffee Group<br/>9am: Bocce<br/>9:30am: Adv. Cont. Bridge<br/>9:30am Pinochle<br/>10am: Mah Jongg: Int'l &amp; Chinese<br/>10:30am: German Conversation<br/>11:30am: Easy Strength Training<br/>1pm: Pickleball/Open Ping Pong Play<br/>1pm: Millennium Art Guild</p>                                                                                                                                      | <p>6</p> <p>8am: Men's Coffee Group<br/>9:30am: Pinochle<br/>9:30am: Bridge Level I<br/>10am: Bridge Club<br/>10:30am: BINGO<br/><b>12 noon: July Birthdays!</b><br/><b>12 noon: BP Checks/ Ask a Nurse</b><br/>1pm: Pickleball Play<br/>1:30pm: Day Trip Committee Mtg</p>                                                                         | <p>7</p> <p><b>11am: Exercise Equipment Orientation</b></p>                                                                                                                                                         |
| <p>9</p> <p>8am: Men's Coffee Group<br/>8am: Senior Morning Walk<br/>9:30am: All Bridge Groups<br/>9:30am: Beginning Bridge class<br/>10am: Mah Jongg<br/><b>10:30am: Line Dancing – 8 wks</b><br/>12noon: Spanish Conversation<br/>1pm-3pm: Pickleball Play<br/>8pm: Clogging 1</p>                                                                                    | <p>10</p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:30am: Mexican Train<br/>10am: Military History / Canasta<br/>11:30am: Easy Strength Training<br/>1pm: Hospitality Committee Mtg-CX<br/>1pm: Current Events / Pickleball<br/>2pm: Tai Chi Practice<br/><b>3pm: Beg Pickleball Lessons-3x</b></p> | <p>11</p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise? TBA<br/>10am: Pinochle<br/>10am: Knit &amp; Crochet<br/><b>TRIP: Fauquier History Museum at Old Jail Museum</b><br/>11:30am: Zumba Gold?<br/>1pm: Pickleball Play</p>                                                                                           | <p>12</p> <p>8am: Men's Coffee Group<br/>9am: Bocce<br/>9:30am: Adv. Contract Bridge<br/>9:30am: Pinochle<br/>10am: Mah Jongg: Int'l &amp; Chinese<br/>10:30am: German Conversation<br/>11:30am: Easy Strength Training<br/>12:30pm: Learn American Mah Jongg<br/>1pm: Pickleball / Open Ping Pong Play<br/>1pm: Millennium Art Guild<br/><b>2:15pm: Sit &amp; Get Fit – 4 wks</b><br/><b>3pm: Social Line Dancing – 8 wk</b></p> | <p>13</p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/><b>9:15/10:15am: Tai Chi: Adv./Beg –8</b><br/>9:30am: Pinochle<br/>9:30am Bridge Level I<br/>10am: Bridge Club<br/>10:30am: BUNCO<br/>1pm: Pickleball Play</p>                                                                                                                      | <p>14</p> <p><b>Bold items on calendar are New Sessions beginning or Special Events.</b></p>                                                                                                                        |
| <p>16</p> <p>8am: Men's Coffee Group<br/>8am: Senior Morning Walk<br/>9:30am: Bridge Groups/ Bridge class<br/>10am: Mah Jongg<br/>10:30am: Line Dancing<br/>10:30am: DAY AT THE RACES<br/>12 noon: Spanish Conversation<br/><b>12: L&amp;L: Fire Prevention &amp; Safety</b><br/>1pm-3pm: Pickleball Play<br/><b>2:15pm: Chair Yoga – 3 wks</b><br/>8pm: Clogging 1</p> | <p>17</p> <p><b>Deadline-Sub Luncheon</b><br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:30am: Mexican Train<br/>10am: Military History<br/>10am: Canasta<br/>11:30am: Easy Strength Training<br/>1pm: Current Events / Pickleball<br/>2pm: Tai Chi Practice<br/>3pm: Beg Pickleball Lessons</p>        | <p>18</p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>10am: Pinochle<br/>10am: Knit &amp; Crochet<br/>11:30am: Zumba Gold?<br/><b>TRIP: On the Town at Olney</b><br/>1pm: Pickleball Play<br/><b>2:15pm: Stretch&amp;Balance– 4wk</b></p>                                                                          | <p>19</p> <p>8am: Men's Coffee<br/>9am: Bocce<br/>9:30am: Adv. Contract Bridge / Pinochle<br/>10am: Mah Jong: Int'l &amp; Chinese<br/>10am: Fairfax Antique Arts Assn.<br/>10:30am: German Conversation<br/>11:30am: Easy Strength Training<br/>12:30pm: Learn American Mah Jongg<br/>1pm: Pickleball / Open Ping Pong Play<br/>1pm: Millennium Art Guild<br/>2:15pm: Sit &amp; Get Fit<br/>3pm: Social Line Dancing</p>          | <p>20</p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:15/10:15am: Tai Chi: Adv./Beg<br/>9:30am: Pinochle<br/>9:30am: Bridge Level I<br/>10am: Bridge Club<br/><b>10:30am: BINGO – Xmas in July →</b><br/><b>12 noon: Sub Luncheon \$</b><br/>1pm: Pickleball Play</p>                                                                   | <p>21</p>                                                                                                                        |
| <p>23</p> <p>8am: Men's Coffee Group<br/>8am: Senior Morning Walk<br/>9:30am: All Bridge Groups<br/>9:30am: Beginning Bridge class<br/>10am: Mah Jongg<br/>10:30am: Line Dancing<br/>12:30pm: NOVA Neighbors Bridge<br/>12 noon: Spanish Conversation<br/>1pm-3pm: Pickleball Play<br/>2:15pm: Chair Yoga<br/>8pm: Clogging 1</p>                                       | <p>24</p> <p>8am – Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:30am: Mexican Train<br/>10am: Military History<br/>10am: Canasta<br/>11:30am: Easy Strength Training<br/>1pm: Senior Council Meeting<br/>1pm: Current Events / Pickleball<br/>2pm: Tai Chi Practice<br/>3pm: Beg Pickleball Lessons</p>        | <p>25</p> <p>8am: Men's Coffee<br/>8:30am: Seniorcise<br/><b>TRIP: Chesapeake Bay Lighthouse Cruise</b><br/>10am: Knit &amp; Crochet<br/>10am: Pinochle<br/><b>10am: Movie &amp; Popcorn: "Battle of the Sexes"</b><br/>11:30am: Zumba Gold?<br/>1pm: Pickleball Play<br/>2:15pm: Stretch &amp; Balance<br/>7:45pm: ALPS</p> | <p>26</p> <p>8am: Men's Coffee Group<br/>9am: Bocce<br/>9:30am: Adv. Contract Bridge<br/>9:30am: Pinochle<br/>10am: Mah Jongg: Int'l &amp; Chinese<br/>10:30am: German Conversation<br/>11:30am: Easy Strength Training<br/>1pm: Pickleball /Open Ping Pong<br/>1pm: Millennium Art Guild<br/>2:15pm: Sit &amp; Get Fit<br/>3pm: Social Line Dancing</p>                                                                          | <p>27</p> <p><b>MSCDC Celebration – no Gym/Cafe</b><br/>8am: Men's Coffee Group<br/>8:30am: Seniorcise - CX<br/>9:15/10:15am: Tai Chi: Adv./Beg<br/>9:30am: Pinochle / Bridge Level I<br/>9:30am: Cut Coupons For Military<br/>10am: Bridge Club<br/>10:30am: BUNCO<br/><b>12pm: L&amp;L- Mobile Devices &amp; You</b><br/>1pm: Pickleball Play</p> | <p>28</p> <p><b>**** All Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090</b></p>                                                                                |
| <p>30</p> <p>8am: Men's Coffee Group<br/>8am: Senior Morning Walk<br/>9:30am: All Bridge Groups<br/>10am: Mah Jongg<br/>10:30am: Line Dancing<br/>10:30am: DAY AT THE RACES<br/>12 noon: Spanish Conversation<br/>1pm: Pickleball Play<br/>2:15pm: Chair Yoga</p>                                                                                                       | <p>31</p> <p>8am – Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:30am: Mexican Train<br/>10am: Military History<br/>10am: Canasta<br/>11:30am: Easy Strength Training<br/>1pm: Current Events / Pickleball<br/>2pm: Tai Chi Practice</p>                                                                        |                                                                                                                                                                                                                                                                                                                              | <p>Check out our website<br/><a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a><br/>Calendar subject to change- Updates will be posted on website and at Senior Center</p>                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                     |  <p><b>Fitness Rooms Open:</b><br/>Mon-Thurs 8am-9pm,<br/>Fri 9am-5pm<br/>Sat &amp; Sun 9am-2pm<br/>FREE for 55+ with card</p> |



| Mon                                                                                                                                                                                                                                                                                                                                                                                               | Tue                                                                                                                                                                                                                                                                                                                                                       | Wed                                                                                                                                                                                                                                                                             | Thu                                                                                                                                                                                                                                                                                                                                                                                                                             | Fri                                                                                                                                                                                                                                                                                                                                | Sat                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Bold items on calendar are New Sessions starting or Special Events</b></p> <p>*****</p> <p><b>Sept-Oct Trip Registration Monday, August 6</b></p>                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                          | <p><b>1</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>10am: Pinochle<br/>10am: Knit &amp; Crochet<br/><b>TRIP: Dave at Arena Stage</b><br/>11:30am: Zumba Gold?<br/>1-3pm: Pickleball Play<br/>2:15pm: Stretch&amp;Balance</p>                                  | <p><b>2</b></p> <p>8am: Men's Coffee<br/>9am: Bocce<br/>9:30am: Adv. Contract Bridge/Pinochle<br/>10am: Mah Jongg: Int'l &amp; Chinese<br/>10:30am: German Conversation<br/><b>11am:RSVP of NOVA-Bocce&amp;Picnic</b><br/>11:30am: Easy Strength<br/>1pm: Pickleball / Open Ping Pong Play<br/>1pm: Millennium Art Guild<br/>2:15pm: Sit &amp; Get Fit<br/>3pm: Social Line Dancing</p>                                         | <p><b>3</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:15/10:15am: Tai Chi: Adv./Beg<br/>9:30am: Pinochle/ Bridge Level I<br/>10am: Bridge Club<br/>10:30am: BINGO<br/><b>12noon: August Birthdays!</b><br/><b>12noon: BP checks/ Ask a Nurse</b><br/>1pm: Pickleball Play<br/>1:30pm: Day Trip Committee Mtg</p> | <p><b>4</b></p>                                                                                                                                 |
| <p><b>6</b></p> <p>8am: Men's Coffee/ Sr. Walk<br/><b>8:30am: CITY Sept-Oct Trip Register</b><br/>9:30am: All Bridge Groups<br/>10 :00am: Mah Jongg/Grand Slam<br/>10:30am: Line Dancing<br/>10:30am:<b>Sr.Ctr&amp;Ffx Co.Trip Register</b><br/>12 noon: Spanish Conversation<br/><b>12:30pm: ALL Trip Register/Online</b><br/>1pm-3pm: Pickleball Play<br/><b>2:15pm: Chair Yoga – 4 wks</b></p> | <p><b>7</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:30am: Mexican Train<br/>10am: Military History / Canasta<br/>11:30am: Easy Strength Training<br/>1pm: Current Events / Pickleball Play<br/>2pm: Tai Chi Practice<br/><b>3pm: Beg Pickleball Lessons- 3 wks</b></p>                                                                | <p><b>8</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/><b>10am: Movie &amp; Popcorn: "I, Tonya"</b><br/>10am: Pinochle<br/>10am: Knit &amp; Crochet<br/>11:30am: Zumba Gold?<br/>1-3pm: Pickleball Play<br/>2:15pm: Stretch &amp; Balance</p>                    | <p><b>9</b></p> <p>8am: Men's Coffee / 9am: Bocce<br/>9:30am: Adv. Contract Bridge<br/>9:30am: Pinochle<br/>10am: Mah Jongg: Int'l &amp; Chinese<br/>10:30am: German Conversation<br/><b>TRIP: Nat'ls. vs. Atlanta Braves Baseball</b><br/>11:30am: Easy Strength Training<br/>1pm: Pickleball / Open Ping Pong Play<br/>1pm: Millennium Art Guild<br/><b>2:15pm: Sit &amp; Get Fit- 4 wks</b><br/>3pm: Social Line Dancing</p> | <p><b>10</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:15/10:15am: Tai Chi: Adv./Beg<br/>9:30am: Pinochle<br/>9:30am: Bridge Level I<br/>10am: Bridge Club<br/>10:30am: BUNCO<br/>1pm: Pickleball Play</p>                                                                                                       | <p><b>11</b></p>                                                                                                                                                                                                                   |
| <p><b>13</b></p> <p>8am: Men's Coffee Group<br/>8am: Senior Morning Walk<br/>9:30am: All Bridge Groups<br/>10am: Mah Jongg<br/>10:30am: Line Dancing<br/>10:30am: DAY AT THE RACES<br/>12 noon: Spanish Conversation<br/>12:30pm: NOVA Neighbors Bridge<br/>1pm-3pm: Pickleball Play<br/>2:15pm: Chair Yoga</p>                                                                                   | <p><b>14</b></p> <p><b>Deadline for Sub Luncheon</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:30am: Mexican Train<br/>10am: Military History / Canasta<br/>11:30am: Easy Strength Training<br/>1pm: Hospitality Committee Mtg.<br/>1pm: Current Events / Pickleball Play<br/>2pm: Tai Chi Practice<br/>3pm: Beg Pickleball Lessons</p> | <p><b>15</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/><b>TRIP: Bible Museum, DC</b><br/>10am: Pinochle<br/>10am: Knit &amp; Crochet<br/>11:30am: Zumba Gold?<br/>1-3pm: Pickleball Play<br/><b>2:15pm: Stretch &amp; Balance- 3 wks</b></p>                    | <p><b>16</b></p> <p>8am: Men's Coffee Group<br/>9am: Bocce<br/>9:30am: Adv. Contract Bridge / Pinochle<br/>10am: Mah Jongg /Ffx Antique Arts Assn<br/>10:30am: German Conversation<br/>11:30am: Easy Strength Training<br/>1pm: Pickleball / Open Ping Pong Play<br/>1pm: Millennium Art Guild<br/>2:15pm: Sit &amp; Get Fit<br/>3pm: Social Line Dancing</p>                                                                   | <p><b>17</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:15am/10:15am: Tai Chi: Adv/Beg<br/>9:30am: Pinochle<br/>9:30am: Bridge Level I<br/>9:30am: Coupons For Military<br/>10am: Bridge Club<br/>10:30am: BINGO<br/><b>12 noon: Sub Luncheon</b><br/>1pm: Pickleball Play</p>                                    | <p><b>18</b></p>  <p><b>Fitness Rooms Open:</b><br/>Mon-Thurs 8am-9pm,<br/>Fri 9am-5pm<br/>Sat &amp; Sun 9am-2pm<br/>FREE for 55+ with card</p> |
| <p><b>20</b></p> <p>8am: Men's Coffee Group<br/>8am: Senior Morning Walk<br/>9:30am: All Bridge Groups<br/>10am: Mah Jongg<br/>10:30am:Line Dancing<br/>12 noon: Spanish Conversation<br/><b>12:L&amp;L: Financial Preparedness</b><br/>1pm-3pm: Pickleball Play<br/>2:15pm: Chair Yoga</p>                                                                                                       | <p><b>21</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:30am: Mexican Train<br/>10am: Military History / Canasta<br/>11:30am: EZ Strength<br/>1pm: Current Events<br/>1pm: Pickleball Play<br/>2pm: Tai Chi Practice<br/>3pm: Beg Pickleball Lessons</p>                                                                                 | <p><b>22</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/><b>10am: Movie &amp; Popcorn: Make-up Movie Day</b><br/>10am: Pinochle<br/>10am: Knit &amp; Crochet<br/>11:30am: Zumba Gold?<br/>1-3pm: Pickleball Play<br/>2:15pm: Stretch &amp; Balance</p>            | <p><b>23</b></p> <p>8am: Men's Coffee Group<br/>9am: Bocce<br/>9:30am: Adv.Contract Bridge<br/>9:30am: Pinochle<br/>10am: Mah Jongg<br/>10:30am: German Conversation<br/>11:30am: EZ Strength<br/>1pm: Pickleball / Open Ping Pong Play<br/>1pm: Millennium Art Guild<br/>2:15pm: Sit &amp; Get Fit<br/>3pm: Social Line Dancing</p>                                                                                            | <p><b>24</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:15/10:15am: Tai Chi: Adv./Beg<br/>9:30am: Pinochle<br/>9:30am: Bridge Level I<br/>10am: Bridge Club<br/>10:30am: BUNCO<br/><b>12noon: L&amp;L- Senior Scams</b><br/>1pm: Pickleball Play</p>                                                              | <p><b>25</b></p>                                                                                                                                                                                                                   |
| <p><b>27</b></p> <p>8am: Men's Coffee Group<br/>8am: Senior Morning Walk<br/>9:30am: All Bridge Groups<br/>10am:Mah Jongg<br/>10:30am: Line Dancing<br/>10:30am: DAY AT THE RACES<br/>12 noon: Spanish Conversation<br/>1pm-3pm: Pickleball Play<br/>2:15pm: Chair Yoga</p>                                                                                                                       | <p><b>28</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:30am: Mexican Train<br/>10am: Military History / Canasta<br/>11:30am: Easy Strength Training<br/>1pm: Senior Council Meeting<br/>1pm: Current Events / Pickleball Play<br/>2pm: Tai Chi Practice</p>                                                                             | <p><b>29</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/><b>TRIP: Baltimore Aquarium and Inner Harbor</b><br/>10am: Pinochle/ 10am: Knit &amp; Crochet<br/>11:30am: Zumba Gold?<br/>1-3pm: Pickleball Play<br/>2:15pm: Stretch &amp; Balance<br/>7:45pm: ALPS</p> | <p><b>30</b></p> <p>8am: Men's Coffee / 9am: Bocce<br/>9:30am: Adv.Contract Bridge / Pinochle<br/>10am: Mah Jongg<br/>10:30am: German Conversation<br/>11:30am: EZ Strength<br/>12:30pm: Am. Mah Jongg Lessons<br/>1pm: Pickleball / Open Ping Pong Play<br/>1pm: Millennium Art Guild<br/>2:15pm: Sit &amp; Get Fit<br/>3pm: Social Line Dancing</p>                                                                           | <p><b>31</b></p> <p>8am: Men's Coffee Group<br/>8:30am: Seniorcise<br/>9:15/10:15am: Tai Chi: Adv./Beg<br/>9:30am: Pinochle/ Bridge Level I<br/>10am: Bridge Club<br/><b>12noon: Lunch &amp;Learn – IT Questions?</b><br/>1pm: Pickleball Play</p>                                                                                 | <p>Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a><br/>Calendar subject to change- Updates will be posted on website and at Senior Center.</p>                                                      |

## Young at Heart Day Trips

All trips require a reservation.

**Registration for May & June Day Trips** opens **Monday, April 2:**

8:30am- City Residents ONLY will have the opportunity to register;

10:30am- Fairfax County and Senior Center members register;

12:30pm- Open registration for All 55+ seniors and online begins.

**Registration for July & August Day Trips** opens **Monday, June 4** with the same time frames.

**Payment is due at time of registration** unless placed on a wait list. All day Trips include trip escort and round-trip CUE bus transportation from Green Acres Center.






**If you sign up, show up!** Please arrive 15-30 minutes before departure to check-in with your City of Fairfax Senior Center membership card or identification (for a free membership card for Fairfax City or County residents, please arrive 30-45 minutes ahead with a valid ID to complete registration form; \$5/day fee for others).

**Cancellation Policy:** *If the City of Fairfax Parks and Recreation Department cancels a trip, a full refund will be given.* No refunds given on tickets already purchased, unless a replacement can be found from the waitlist. **Participants who request a refund must fill out a Refund Request form one week prior to the event to be considered for a refund and will be charged a \$10 fee per individual, per trip, to process the refund.** The \$10 refund fee will be waived for medical and emergency situations with approval of the Recreation Manager and completed refund form.





**Inclement Weather:** Each day trip will be individually decided based on CUE bus availability and other factors; staff will notify participants. **Note:** *Due to conditions beyond our control, it is sometimes necessary to adjust itineraries and change meal selections.*

**For further trip information**, please check our website ([www.fairfaxva.gov/government/parks-recreation/senior-center](http://www.fairfaxva.gov/government/parks-recreation/senior-center)) or call Green Acres Center: 703-273-6090. *Trip Flyers will be available at the senior center and online with the most current updates.*


*Trip Flyers will be available at the Senior Center and online with the most current updates!*





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|  | Lunch on your own       |  | Uneven Walking                |
|  | Mainly Walking/Standing | <b>SG/GT</b>                                                                      | Self-Guided Tour/ Guided Tour |
|  | Stairs Required         |  | Weather Sensitive             |

### MAY 2018 TRIPS



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|                                                                                                      | <b>Lincoln's Cottage (Washington, DC)</b><br>Abraham Lincoln lived on an uplifting hilltop in Northwest Washington, D.C., while making some of his most critical decisions, including the development of the Emancipation Proclamation. President Lincoln's Cottage uses his example to inspire visitors to take their own path to greatness, and preserves this place as an authentic, tangible connection to the past and a beacon of hope for all who take up Lincoln's unfinished work! Guided tour included. Bring money for lunch afterwards in Shirlington.<br>Wednesday, May 2      Depart: 9:15am      Approximate Return: 3:00pm                                                                                                              | \$27 |
| <br><b>GT</b>                                                                                        | <b>U.S. National Arboretum and Harper Macaw Chocolate Factory (Washington, DC)</b><br>First, feast your eyes on the May splendor of azaleas, roses, and the National Herb Garden by taking a guided tour by bus of our local gem – the U.S. National Arboretum. Perhaps get a glimpse of “Mr. President” and “The First Lady”, the pair of bald eagles nesting high in a tulip poplar tree near the azalea collection. Next, feast your senses on an included box lunch (turkey, roast beef, or vegetarian choice needed at registration) before concluding with a private tour of the nearby Harper Macaw chocolate factory, including samples of the finest local chocolates.<br>Wednesday, May 9      Depart: 9:00am      Approximate Return: 3:30pm | \$43 |
| <br><br><b>GT</b> | <b>St. Michaels (St. Michaels, MD)</b><br>Escape to St. Michaels on the Eastern Shore of Maryland, a historic town filled with charming shops and attractive restaurants. The area is steeped in history dating from before the American Revolution. After lunch on your own, relax and enjoy beautiful views along the Miles River on an air-conditioned covered boat trip included in the price.<br>Wednesday, May 16      Depart: 9:00am      Approximate Return: 5:30pm                                                                                                                                                                                                                                                                             | \$50 |
| <b>GT</b>                                                                                                                                                                               | <b>Sotterley Plantation (Hollywood, MD)</b><br>Older than Mount Vernon, older than Monticello, older than the nation itself, Sotterley offers a sweeping view of the Patuxent River and of our shared history. Encompassing nearly 100 acres of rolling meadows, gardens, and shoreline, Sotterley is the sole-surviving Tidewater plantation in Maryland that includes an 18 <sup>th</sup> -century plantation house, smokehouse, 19 <sup>th</sup> -century slave cabin, and more than 20 other out-buildings. Guided tour followed by catered lunch with river views, included in trip price.<br>Wednesday, May 23:      Depart: 9:00am      Approximate Return: 3:30pm                                                                               | \$47 |

### JUNE 2018 TRIPS








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|  | <b>Nationals vs. Tampa Bay Rays Baseball Game (Washington, DC)</b><br>Take me out to the ball game, and let our CUE bus take you out to the crowd! Come see the Washington Nationals take on the Tampa Bay Rays at 1:05 pm. Seats are in Baseline Reserved Section 133, Rows TT-UU, under cover and in the shade, and include a \$10 food voucher.<br>Wednesday, June 6      Depart: 11:15am      Approximate Return: 5:00pm | \$72 |
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| <br><b>GT</b>                                                                                      | <b>Artehouse and The Wharf (Washington, DC)</b><br>Explore this new and innovative art space dedicated to showcasing and producing experiential and immersive large-scale installations with artists who are forerunners of the new age in arts and technology. Lunch on your own afterwards at one of the many new restaurants at DC's new waterfront destination, The Wharf.<br>Wednesday, June 13      Depart: 9:15am      Approximate Return: 2:00pm                                                                                                                                       | \$26 |
| <br><b>GT</b><br> | <b>Cezanne Portraits at The National Gallery of Art (Washington, DC)</b><br>Bringing together some 60 examples drawn from collections around the world, <i>Cézanne Portraits</i> is the first exhibition devoted to the famed post-impressionist's portraits. Several paintings are exclusive to the National Gallery of Art's presentation, while some works have never before been exhibited in the United States. Bring money for lunch at one of the museum's several cafes.<br>Wednesday, June 20      Depart: 9:00am      Approximate Return: 3:00pm                                     | \$15 |
|                                                                                                    | <b>Motown the Musical at Wolf Trap Filene Center (Vienna, VA)</b><br><i>Motown The Musical</i> is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson, and more. Now, experience it live on stage featuring over 40 classic songs including "My Girl," "What's Going On," and "I Heard It Through the Grapevine." Seats are in Prime Rear Orchestra, Rows AA-CC.<br>Wednesday, June 27      Depart: 6:30pm      Approximate Return: 10:45pm | \$85 |

### **JULY 2018 TRIPS**

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| <br> | <b>Fauquier History Museum at the Old Jail Museum (Warrenton, VA)</b><br>The Fauquier History Museum at the Old Jail is located in the old Fauquier County prison complex, in historic downtown Warrenton. It was erected in 1808 as the 6th jail in Warrenton, then in 1966 the complex was closed and taken over by the Fauquier Historical Society to be preserved as a history museum. Learn how a trading post known as the Red Store became the county seat which is now called Old Town Warrenton. After our guided tour of the jail and museum, stop for lunch on your own in charming Warrenton.<br>Wednesday, July 11      Depart: 10:00am      Approximate Return: 2:30pm                                    | \$15 |
|                                                                                                                                                                        | <b>On the Town at Olney Theater (Olney, MD)</b><br>Three young sailors on shore-leave hit 1944 New York City in a mad sprint to find love before being shipped off to war. The manic coupling is set to an exuberant Leonard Bernstein score that begins with the classic "New York, New York" and from there reaches heights of classical and popular greatness. Comden & Green's first Broadway hit grew out of a ballet Jerome Robbins worked on with Bernstein, so this also promises to be one of the fanciest shows!<br>Wednesday, July 18      Depart: 12:30pm      Approximate Return: 5:30pm                                                                                                                   | \$66 |
| <b>GT</b>                                                                                                                                                              | <b>Chesapeake Bay Lighthouses Cruise (Annapolis, MD)</b><br>A costumed Lighthouse Keeper on a 65' luxury climate-controlled yacht will take you back to a time when lighthouses were "manned" in the Chesapeake Bay to keep the vessels warned of danger. Be entertained with humor, anecdotes, music, tales of famous keepers, and a ghost story or two! See the Sandy Point Light, the Thomas Point Lighthouse, and the Baltimore Harbor Light. There's no better way to spend a warm July afternoon than on the breezy upper deck of this lovely boat! Delicious box lunch of your choice included; make selection upon trip registration.<br>Wednesday, July 25      Depart: 9:15am      Approximate Return: 4:00pm | \$79 |

### **AUGUST 2018 TRIPS**

|                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <br>              | <b>Dave at Arena Stage (Washington, DC)</b><br>From a Tony and Pulitzer Prize Award-winning creative team, comes the world premiere musical comedy <i>Dave</i> , adapted from the Oscar-nominated film. <i>Dave</i> tells the story of a high school teacher (and presidential lookalike) Dave Kovic, who is hired by the Secret Service as a stand-in for the Commander-in-Chief. When the President falls ill under less than "presidential" circumstances, Dave is thrust into the Oval Office to avoid a national scandal - must find a way to gain the trust & love of the American people... and the First Lady. Seats in Center Orchestra, Rows H & I. Pack a lunch or preorder lunch directly from Arena Stage in advance.<br>Thursday, August 2      Depart: 11:30am      Approximate Return: 5:00pm | \$80 |
|                                                                                                      | <b>Nationals vs. Atlanta Braves Baseball Game (Washington, DC)</b><br>Let's root, root, root for the Nationals, if they don't win it's a shame! For it's one, two, three strikes, they're out at the old ball game versus the Braves at 1:05 pm. Seats are in Baseline Reserved Section 133, Rows TT-UU, under cover and in the shade, and include a \$10 food voucher.<br>Thursday, August 9      Depart: 11:15am      Approximate Return: 5:00pm                                                                                                                                                                                                                                                                                                                                                            | \$72 |
| <br><b>GT</b><br> | <b>Bible Museum (Washington, DC)</b><br>A remarkable experience is waiting for you inside the brand-new 430,000-square foot Museum of the Bible! Using cutting edge technology to bring the Bible to life, visitors will be fascinated as they explore the history, narrative, and impact of the world's most published Book, the Bible. Bring money to purchase lunch at the museum café or restaurant.<br>Wednesday, August 15      Depart: 9:00am      Approximate Return: 3:00pm                                                                                                                                                                                                                                                                                                                          | \$35 |
| <br><br><b>SG</b> | <b>Baltimore Aquarium and Inner Harbor (Baltimore, MD)</b><br>The kids are back in school --- so it's time to go see the schools of fish at the Baltimore Aquarium! Travel to an Australian river gorge, descend through an Atlantic coral reef, explore a tropical rain forest, discover dolphins and sharks, and interact with animal experts—admission includes all this and more! Includes 4D Experience. Bring money for lunch on your own at the Inner Harbor.<br>Wednesday, August 29      Depart: 9:00am      Approximate Return: 4:00pm                                                                                                                                                                                                                                                              | \$54 |

# Senior Classes at Green Acres Center

*No Classes on City Holidays: May 28 and July 4, 2018*

| Activity                                           | Day(s) and Time(s)                                          | Date(s) and Fee(s)                                                          |
|----------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------------|
| <b>Senior Morning Walk</b>                         | Mon, 8:00am – 9:00am                                        | 5/7-8/27 (no 5/29). FREE with registration.                                 |
| <b>Forever Young Fitness Plan</b>                  | See information attached and LT                             | 5/1-8/31. 2-months \$100; \$55 per month.                                   |
| <b>Line Dancing</b>                                | Mon, 10:30am – 11:30am                                      | 5/14-7/2 (no 5/28) = \$42; \$8/class.<br>7/9-8/27 = \$48; 8/class.          |
| <b>Chair Yoga</b>                                  | Mon, 2:15pm – 3:15pm                                        | 5/7-21 = \$18; 6/4-25 = \$24; 7/16-30 = \$18;<br>8/6-27 = \$24; \$8/class.  |
| <b>Tea &amp; Talk</b>                              | Mon, 4:00pm – 5:00pm                                        | 5/21-Sugar Free, 6/18-Buddha Bowl = \$5/talk.                               |
| <b>Clogging 1</b>                                  | Mon, 8:00pm – 9:00pm                                        | 6/4-7/23 = \$65.                                                            |
| <b>Seniorcise</b>                                  | Tues, Wed & Fri,<br>8:30am – 9:30am                         | 5/1-6/22= \$80; July-August: to be announced; \$8/class. No 7/4, 27 + more. |
| <b>Easy Strength Training</b>                      | Tues, 11:30am – 12:30pm                                     | 5/1-6/19 = \$38; July-August: to be announced \$8/class if space – 25 max.  |
| <b>Beg. Pickleball Lessons</b>                     | Tues, 3:00pm – 4:00pm                                       | 5/8-22; 6/12-26; 7/10-24; 8/7-21 = \$20/session.                            |
| <b>Zumba Gold w/ Zumba Toning</b>                  | Wed, 11:30am – 12:25pm                                      | 5/2-6/20 = \$48. July-Aug TBA. \$8/class.                                   |
| <b>Senior Stretch &amp; Balance</b>                | Wed, 2:15pm – 3:15pm                                        | 5/9-30; 6/6-27; 7/18-8/8 = \$24; 8/15-20 = \$18; \$8 per class.             |
| <b>Easy Strength Training</b>                      | Thurs, 11:30am – 12:30pm                                    | 5/3-6/21 = \$38; July-Aug TBA; \$8/class.                                   |
| <b>Sit &amp; Get Fit</b>                           | Thurs, 2:15pm – 3:15pm                                      | 5/10-31; 6/7-28; 7/12-8/2; 8/9-30 = \$24/session; \$8 per class.            |
| <b>Social Line Dancing</b>                         | Thurs, 3:00pm – 4:00pm                                      | 5/10-6/28; 7/12-8/30 = \$48/session; \$8/class                              |
| <b>Tai Chi Chuan</b>                               | Beg: Fri, 10:15am – 11:15am;<br>Adv: Fri, 9:15am – 10:15am. | 5/4-6/29 (no 5/11); 7/13-8/31 = \$48/session; \$8/class.                    |
| <b>Small Group Workout – NEW!</b>                  | Fri, 1:00pm – 1:45pm.                                       | 5/4 = \$10 advance; \$12 on-site if space.                                  |
| <b>Blood Pressure Screenings and “Ask a Nurse”</b> | Fri, 12 noon – 1:00pm                                       | After Bingo: 5/4; 6/1; 7/6; 8/3. FREE!                                      |
| <b>Exercise Equipment Orientation</b>              | Sat, 11:00am – 12 noon                                      | 6/2; 7/7. FREE!                                                             |
| <b>Personal Fitness Training</b>                   | Teresa Fletcher: 571-606-4004                               | 60-minutes = \$40; 30-minutes = \$20.                                       |
| <b>Intermediate Bridge Classes</b>                 | Wed, 2:00 – 3:30pm                                          | 5/2-6/27 = \$108. NEW!                                                      |
| ~~~~~                                              | ~~~~~                                                       | ~~~~~                                                                       |
| <b>Have a Talent/Skill to Share?</b>               | Be an Instructor! ...or Volunteer!                          | Make an Appt. with Anne Chase, Manager.                                     |



# Lunch and Learn Series

## Senior Center Community Open House in Green Acres Center

Wednesday May 2: 11am-2pm

## Fairfax Lion's Vision Screening

Speaker: Marty Lockard

Wednesday, May 2: 11:30am – 1:00pm

A key thrust area of Lions Clubs International is the prevention of blindness. Marty will discuss the local vision-related outreach/service of Fairfax Host Lions Club and other Northern Virginia Lions Clubs. He'll also discuss risks associated with eye sight as we get older, summarize how portable vision screening technology works, and conduct actual vision screens for each attendee desiring one. After your screening, you will be given a copy of the screening report, along with an explanation of what it means.

## Title: Brain Health Workshop

Monday May 7

Two Sessions: 12 noon- 1pm / 1pm – 2pm

Feeling forgetful? Not as sharp as you used to be? Baycrest Hospital, a world-leading memory and aging institute, will host a brain health workshop, which will provide you with a science-based answer to the question "Is my memory normal?" You will receive: your brain health score, a personalized score report and the best tips to keep your brain healthy. Attendee should possess basic computer skills and can speak and read English. Please register for which session you're interested.

## Protecting Your Hard-Earned Money

Speaker: Thomas D. Manganello Senior Counsel, Office of Investor Education & Advocacy, United States Securities & Exchange Commission attorney at the U.S. Securities and Exchange Commission  
Thursday, May 18: 12 noon – 1:00pm

Older Americans are often the target of fraud. Learning how to invest safely can mean a big difference in your retirement years. The U.S. Securities and Exchange Commission's Office of Investor Education and Advocacy will discuss investment risk and fees, the common red flags of investment fraud, questions to ask before investing and choosing a financial professional. A bonus is how to plan for diminished financial capacity well before it happens.

## Heat Safety - part of the Emergency Preparedness series

Speaker: Alexa Squirini, SPIN Global

Friday, May 22: 12noon – 1:30pm

Are you adequately prepared for the scorching summer heat and the shift from cold to hot weather? In this presentation, Alexa will provide tips and actions to best prepare for hot weather, and will suggest how you can stay cool and review the dangers of excessive heat.

## Walking Your Way to Better Health

Speaker: Teresa Fletcher, Certified Personal Trainer

Friday, June 1: 12noon - 1pm

One of the most affordable and easiest ways to stay in shape is walking. Whether it's on the neighborhood trails, on the treadmill or laps around the mall, the benefits are endless! Teresa will give you ideas on how to get the most from your walks. She'll cover how to track your progress with pedometers, apps and fitness trackers; types of shoes to wear; ways to fit in a five- or 10-minute walk even when you think you can't.

## Hurricane and Flood Safety

Speaker: Joel Thomas, SPIN Global

Friday, June 22: 12noon – 1:30 pm

Hurricane season typically begins in June and ends in November. Learn best practices for actions before, during, and after a hurricane with speaker Joel Thomas during this informative presentation. The location of Fairfax in the mid-Atlantic region makes it susceptible to the effects of a hurricane, so you don't want to miss out on this one!

## Fire Prevention and Safety (Indoor and Outdoor)

Speaker: Alexa Squirini, SPIN Global

Friday, July 16: 12noon – 1:30pm

Are the batteries in your fire alarm up to date? Are you taking all the necessary steps to prevent fires in and around your home? Engage with Alexa during the Fire Prevention and Safety presentation to learn how to protect your home and community against the start and spread of harmful fires.

## Mobile Devices and You

Speaker: Jeff Dove, City of Fairfax IT Department

Friday July 27: 12noon – 1:00pm

We'll review mobile devices and answer questions. Our expert will show you how to protect, secure and use your hand held devices. Bring your smartphone or tablet.

## RSVP of Northern Virginia - Bocce Play and Picnic

Thursday August 2: 11am – 1pm

Location: Outside Green Acres Picnic Area

RSVP Northern Virginia, the region's largest volunteer network for people 55 and older, will discuss the variety of community service opportunities available to local seniors. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To learn more about RSVP please visit [www.rsvpnova.org](http://www.rsvpnova.org). A picnic lunch will be provided by RSVP during this program and volunteers/participants are encouraged to participate in a bocce game.

## Financial Preparedness

Speaker: Joel Thomas, SPIN Global

Friday, August 20: 12noon – 1:30pm

Are you prepared for out-of-pocket expenses for lodging, food, and gas? What if a disaster happened and you had to evacuate your home? Preparing a financial first aid kit can be just as important as preparing a traditional first aid kit.

## Senior Scams

Speaker: Second Lieutenant Emily Fary, Fairfax County Sheriff's Office

Friday, August 24: 12noon – 1:00pm

Don't be a victim of a scam! Learn about the top ten most common scams and how to avoid them.

## IT Questions? Ask an Expert!

Speaker: Jeff Dove, City of Fairfax IT Department

Friday August 31: 12noon – 1:00pm

Question and answer session on your basic IT concerns.

# Senior Events

## NEW! - “Forever Young” Fitness Plan!

Certified Instructors: Darlene Wujkowski, Teresa Fletcher and Jann Richards-Weltman

Mondays, Tuesdays, Wednesdays, Thursdays, & Fridays

Location: Green Acres Center Gym or #111

Get Moving - Feel Better – Stay Forever Young! Enroll in this brand new “Forever Young” Fitness Class Program and choose to attend as many classes from the calendar that fit into your schedule. Bring your water bottle and wear comfortable clothing.

May 1 – Aug 31 (no classes 5/28, 7/4, 27 + other dates possible; check month class schedules in Gym.

See specific class details in this Senior Programs section.

| Class Times       | MONDAY                           | TUESDAY                                      | WEDNESDAY                               | THURSDAY                                       | FRIDAY                                   |
|-------------------|----------------------------------|----------------------------------------------|-----------------------------------------|------------------------------------------------|------------------------------------------|
| 8:30a-9:25a       |                                  | SENIORCISE<br>July-Aug TBA                   | SENIORCISE-<br>No 6/27; July-Aug<br>TBA |                                                | SENIORCISE-<br>No 7/27;<br>July-Aug TBA. |
| 11:30a-<br>12:25p |                                  | EASY<br>STRENGTH<br>TRAINING<br>July-Aug TBA | ZUMBA GOLD-<br>No 6/27; July-Aug<br>TBA | EASY<br>STRENGTH<br>TRAINING -<br>July-Aug TBA |                                          |
| 2:15p-3:15 p      | CHAIR YOGA<br>(no 5/28, 7/2 & 9) |                                              | STRETCH &<br>BALANCE<br>(no 7/4 & 11)   | SIT & GET FIT<br>(no 7/5)                      |                                          |

*Please note that only these classes qualify for the “Forever Young” Fitness Program and cannot be substituted for any other classes.*

Fee for 2-months: \$100; \$55 per month; \$8 drop in.

## Senior Small Group Workout – NEW!

Get the benefit of working out with a Certified Personal Fitness Trainer at a fraction of the cost! Join Teresa in this NEW small group format with specialized attention and energetic inspiration from others in your small class. This session will focus on Strength Training, Endurance and Core Work. Bring your water. Equipment provided.

Minimum: 4; Maximum: 8.

Friday, May 4: 1:00pm-1:45pm

Fee: \$10 advance; \$12 on-site if space available.

## Personal Training

Teresa Fletcher is our NASM Certified Personal Trainer here at Green Acres. Teresa has the knowledge to help you meet your fitness goals such as weight loss, gain muscle mass, or correct muscular imbalances; she will motivate you by setting goals and providing feedback during your session

Please call Teresa (571-606-4004) to schedule an appointment for a 60-minute initial evaluation, or a 30-minute follow-up session.

Fee: \$40 for 60-minute session; \$20 for 30-minute session. Please pay at the Green Acres front desk PRIOR to session.

## Blood Pressure Screenings and “Ask a Nurse”

Nurse: Gisela Call, LPN of Healthsouth Rehabilitation Hospital of Northern Virginia

Fridays, 12:00 noon – 1:00pm: May 4, June 1, July 6, Aug 3

# Senior Events

## MOVIE & POPCORN

|                       |                                                              |
|-----------------------|--------------------------------------------------------------|
| Wed, May 16, 10am:    | <i>Goodbye Christopher Robin</i> - PG, Biography/History     |
| Wed, May 30, 10am:    | Make-up Movie – <i>Lady Bird</i> – R, Comedy/Drama           |
| Wed, June 13, 10am:   | <i>Marshall</i> – PG-13, Biography/Drama                     |
| Wed, July 25, 10am:   | <i>Battle of the Sexes</i> - PG-13, Biography/Comedy         |
| Wed, August 8, 10am:  | <i>I, Tonya</i> – R, Biography/Comedy                        |
| Wed, August 22, 10am: | Make-up Movie – for an unavailable past movie or a Surprise! |

All movies will be held in **Room 111**.

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## Tea & Talk on select Mondays, 4:00pm-5:00pm

with Certified Nutritionist, Jann Richards-Weltman

There's lots of nutrition information out there, and it can get a bit overwhelming and confusing with contradictory information over the past several decades. However, Nutrition Science has made great strides over the past 20 years! Enjoy a cup of herbal tea and related snacks as we discuss topics that can affect your health.

Mon, May 21 *Going Sugar-Free*

Mon, June 18 *Buddha Bowls*

Fee: FREE with Registration; \$5 supply fee payable to instructor at the Talk.

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## Bocce

Bocce Season kicks off with Free Lessons on April 19 and 26, with an organization meeting on April 26 in the Senior Center at 10am. Regular tournament play begins the first Thursday in May at 9am and continue through September. If you have never played Bocce you should consider this fun team building game! **The City of Fairfax hosts the Bocce and Horseshoe events during the Northern Virginia Senior Olympics scheduled for September 15 - 26, 2018.** Plan to register for these enjoyable events! The

NVSO includes more than 60 events that exercise the mind as well as the body. To qualify competitors must be at least 50-years-old by Dec. 31, 2017. For a complete list of events and venues please visit [www.nvso.us](http://www.nvso.us). Participants can register online at [www.nvso.us](http://www.nvso.us) or can register via mail with paper forms available at most city and county recreation and senior centers. RSVP will be hosting a Bocce picnic on August 2 at 11am for those interested in practicing their game to get ready for the NVSO Bocce event or just come and try the game out.



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**\*\*OUTDOOR PICKLEBALL COURTS - LOCATED BEHIND GREEN ACRES CENTER\*\***

# Senior Events

## Senior Center Advisory Council:

The Senior Center Advisory Council's members are volunteers who work as a group with the staff to enhance the programs and activities of the City of Fairfax Senior Center.

**Senior Council Meetings are held the 4<sup>th</sup> Tuesday at 1:00 pm monthly at Green Acres Center.**

**Senior Center members are always welcome to attend!**

## The following are the Senior Council Members for the 2017-2018 year:

Jane Albro, Marge Brooks Samuel Crumpler, Susan DiMaina, Pat Hyland, Frank Krempa, Camille McNeil, Sandy Moshos, Marcia Selva and Robin Speck.

## **Officers:**

**Chair:** Frank Krempa; **Vice Chair:** Camille McNeil; **Secretary:** Marcia Selva; **Treasurer:** Sandy Moshos; Jane Albro will continue as **Liaison to PRAB** (Parks and Recreation Advisory Board).

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Other Committee Meetings:

All meetings are held at the Green Acres Center:

Hospitality Committee 2nd Tuesday at 1:00pm.

Day Trip Committee 1st Friday at 1:30pm.

Travel and Overnight Committee meets as required.

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**For information about Volunteer opportunities, please see the Recreation Manager in the Senior Center.**

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Fairfax Host Lions Club shows Support for our Seniors

Did you know the Fairfax Lions Club sponsors our Bingo games here at the center? We also collect usable glasses in the main Senior Center area to pass onto the Lions for their **Recycle for Sight** program. Fairfax Host Lions Club alone collects about 10,000 pair of glasses per year at more than 40 collection sites in the City - taking them to the Eyeglass Recycle Center each month.

For more information on this wonderful community service organization, please visit the Fairfax Host Lions Club website at www.fairfaxlions.org or send an email to: lionsffx@msn.com



Annual Young at Heart Photo Contest

Pictures Wanted!

Photographs must be taken between January 1st and September 28th, 2018.

Categories include:

Friends and Family

Nature

Travel

Around Our City – must be taken within the City of Fairfax limits

An Entry Form with Rules are available at Green Acres Center in the rack between the restrooms.

All entries must be submitted to the Senior Center staff no later than 12 noon on Friday, September 28, 2018.

Prizes will be awarded for each category on Friday, October 5th at 12:30pm in the Senior Center.

The actual prizes will be determined prior to the completion of the contest and may include printing in either The Senior Center Newsletter or other City of Fairfax publication.

Rules:

- Submitter/photographer must be a member of the City of Fairfax Senior Center.
- Picture must have been taken between January 1 – September 28, 2018.
- Only one picture may be submitted per category.
- Photos must be a 4 x 6 inch glossy print.

Each entry must be accompanied by an entry form and must be submitted by noon on September 28.

Our staff look forward to welcoming you!

City of Fairfax Senior Center staff from left to right:

Rocio Vargas, Kira Urano, Anne Chase, Jann Richards-Weltman, Clai Jorgensen, and Kathy Carter.



Upcoming Overnight Trips – SAVE the date! Registration dates to be announced

Cape Cod motor coach: September 9-13, fees for double occupancy & single- TBA

Grand Canyon w/airfare: November 13- 20, fees for double occupancy & single- TBA

Checks ONLY. Informational flyer will be posted soon at senior center.

Join us at the City of Fairfax Senior Center -
Meet New Folks, Get Involved, and Have Some Fun!
Call the Green Acres Center for details:
703-273-6090

AMERICANS WITH DISABILITIES ACT

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858